



TEXAS DEPARTMENT OF HEALTH  
AUSTIN TEXAS  
INTER-OFFICE

03-006

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Barbara Keir, Director (Original Signed)  
Public Health Nutrition and Education  
Bureau of Nutrition Services

**DATE:** January 28, 2003

**SUBJECT:** Registration for the "On the Road to Excellence: FIT KIDS" teleconference

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It is time to register for the "On the Road to Excellence: FIT KIDS" teleconference. It will be broadcast April 3, 2003 from 9am – 4 pm.

Some of the sessions to be included in this teleconference are:

- *Eating Smarter and Moving More in the Real World*
- *Research Update on Children, Weight and Eating*
- *Fitness for Every Body*
- *The Art of Persuasion*
- *The Role of the Feeding Relationship in a Healthy Weight*
- *Couch Potatoes, TVs and Video Games*

**Registration for WIC staff must be completed by March 1, 2003.** After March 3, registration will be opened to non-WIC staff, so be sure to register early to reserve your places at your specific downlink site. There are 2 ways to register:

1. The fastest, easiest way is to go to the web site at [www.swrwicfitkids.com](http://www.swrwicfitkids.com) and register each staff member on the web site. Each person must fill out the short survey and registration form. You will receive immediate confirmation of your completed registration.
2. Fill out the attached survey and registration form and **fax to 1-888-310-8900**.

For information about sites and/or downlinks, contact Missy Hammer, Program Specialist I, at (512) 341-4457, or [missy.hammer@tdh.state.tx.us](mailto:missy.hammer@tdh.state.tx.us). For general information about the teleconference, contact Mary Van Eck, Manager, Nutrition Education and Breastfeeding, Bureau of Nutrition Services, at (512) 458-7111, extension 3484 or [mary.vaneck@tdh.state.tx.us](mailto:mary.vaneck@tdh.state.tx.us).

Attachments (3)

**Registration Form**  
**“On the Road to Excellence: Fit Kids”**  
**April 3, 2003**

In order to complete the registration process, you must complete the pre-conference survey. If you are registering all of your staff, please complete the contact information with your agency's information and attach a list of the names of your staff. Please be sure that all staff completes the pre-conference survey.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: TX \_\_\_\_\_

Zip Code: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Downlink City: \_\_\_\_\_

**Available Downlink Sites:**

Abilene, TX

Amarillo, TX

Austin, TX

Beaumont, TX

Borger, TX

Corpus Christi, TX

Dallas, TX

Edinburg, TX

El Paso, TX

Houston, TX

Jasper, TX

LaMarque, TX

Laredo, TX

Lubbock, TX

McAllen, TX

Midland, TX

Odessa, TX

San Angelo, TX

San Antonio, TX

San Marcos, TX  
(LA36 only)

Temple, TX  
(LA31 only)

Tyler, TX

Victoria, TX

Wichita Falls, TX

**Please mail or fax completed registration forms and pre-conference surveys to:**

**The Conference Managers**  
**PO Box 7276**  
**Bismarck, ND 58507-7276**  
**FAX: 1-888-310-8900**

## **“On the Road to Excellence: Fit Kids” Pre-Conference Survey**

**Completion of this survey is required before your registration can be processed.**

These questions are designed to help us create a Video Teleconference that meets your needs. For each question, please indicate your choices by an **X** that best describe your situation.

First Name:

Last Name:

Phone:

1. How long (total time in all positions) have you worked for the WIC program?
  - ☐ One year or less
  - ☐ One to five years
  - ☐ Five to ten years
  - ☐ More than ten years
2. What is your role (or job title) in the WIC program?
  - ☐ Clerk
  - ☐ Paraprofessional Nutrition Educator
  - ☐ Certified WIC Nutrition Technician (CWNT)
  - ☐ Nutritionist/Home economist
  - ☐ Health educator
  - ☐ Licensed Vocational Nurse
  - ☐ Registered nurse
  - ☐ Registered dietitian/nutrition therapist
  - ☐ Clinic supervisor
  - ☐ Director
  - ☐ State staff
  - ☐ USDA staff
  - ☐ Other. (Please explain.)
3. What is your educational background?
  - ☐ High school graduate or GED
  - ☐ Professional training - LVN
  - ☐ Some college education
  - ☐ Bachelors degree
  - ☐ Bachelors degree in foods, nutrition or health
  - ☐ Graduate degree
  - ☐ Other. (Please explain.)
4. Which three (3) factors do you think are the most important causes of the increasing numbers of overweight children and adults in the US? (Please mark only three.)
  - ☐ Sedentary lifestyles
  - ☐ High fat/high sugar foods
  - ☐ Super-size portions
  - ☐ Fast food and convenience products
  - ☐ Television, computers and video-games
  - ☐ Busy lifestyles
  - ☐ Fad diets and diet products
  - ☐ Other. (Please explain.)

Last Name:

5. What three (3) factors are the most important to discuss with WIC clients who are overweight or have overweight children? (Please mark only three.)

- ☐ Increasing physical activity
- ☐ Eating lower fat/lower sugar foods
- ☐ Improving the feeding relationship between parent and child
- ☐ Following a specific diet program
- ☐ Improving parenting skills
- ☐ Eating smaller portions
- ☐ Decreasing television and computer time
- ☐ Improving body image
- ☐ Having regular meals
- ☐ (Other. Please explain)

6. Which statement best describes how you feel about discussing weight issues with WIC clients? (Please mark one statement or write your own.)

- ☐ I am very comfortable talking with WIC clients about their overweight children.
- ☐ I am somewhat comfortable talking with WIC clients about their overweight children.
- ☐ I am not at all comfortable talking with WIC clients about their overweight children.
- ☐ I will only talk with WIC clients about their overweight children IF they ask me questions or express concern.
- ☐ I know that overweight is a problem for many WIC families but I do not really know how to discuss the issue effectively.
- ☐ Other. (Please explain.)

7. Please tell us what you would most like to know about promoting healthy weights for WIC families? (Optional)

**Please complete, along with registration information, and mail or fax to:**

**The Conference Managers  
PO Box 7276  
Bismarck, ND 58507-7276  
FAX: 1-888-310-8900**

**“On the Road to Excellence: Fit Kids”  
Satellite Downlink Sites in Texas  
April 3, 2003**

Abilene, TX	Abilene-Taylor Co. Public Health Dept.	2241 S. 19th
Amarillo, TX	City of Amarillo - WIC	411 S. Austin
Austin, TX	TDH	1100 W. 49th St.
Beaumont, TX	Federal Corrections Complex - Staff Training Center	4550 Hebert Rd.
Borger, TX	Frank Phillips College	1301 Roosevelt
Corpus Christi, TX	TDH-PHR 11	1233 Agnes
Dallas, TX	Dallas Regional Training Center	2377 N. Stemmons Frwy
Edinburg, TX	UT Pan American	1201 W. University Dr.
El Paso, TX	WIC Training Center	500-D Carolina
Houston, TX	TDH-PHR 6/5S	5425 Polk Ave.
Jasper, TX	Jasper Health Department	139 W. Lamar
LaMarque, TX	Galveston Co. Health Dept.	1207 Oak St.
Laredo, TX	Laredo Health Department	2600 Cedar
Lubbock, TX	TDH-PHR 1	1109 Kemper St.
McAllen, TX	South Texas Community College	3700 W. Military Hwy.
Midland, TX	TDH-PHR 9/10	2301 N. Big Spring
Odessa, TX	TTUHSC	800 W. 4th St.
San Angelo, TX	San Angelo-Tom Green Co. Health Dept.	72 W. College
San Antonio, TX	TDH / Texas Center for Infectious Disease	2303 SE Military Dr
San Marcos, TX (LA 36 only)	City of San Marcos - WIC Program	630 E. Hopkins
Temple, TX (LA 31 only)	Bell County Public Health District	201 N. 8th
Tyler, TX	TDH-PHR 4/5N	1517 W. Front St.
Victoria, TX	Victoria City/County Health Dept.	2805 N. Navarro St.
Wichita Falls, TX	Midwestern State University-Moffett Library	3410 Taft Blvd.

If you would like to attend at a different location that is not listed above, please contact that site and reserve it. Once you have confirmation, please send the site information (facility name, physical address, room #, contact person w/phone, fax, email and room capacity) to Missy Hammer by fax at 512/341-4422 or by email [missy.hammer@tdh.state.tx.us](mailto:missy.hammer@tdh.state.tx.us). Thanks.